

Nutrition and Health

NUTRITION. By Walter H. Eddy. Baltimore: The Williams and Wilkins Company. 1928. Pp. 237. \$2.50.

This book is of special interest to the student with a background of nutrition and also to anyone who may be interested in the newer developments of vitamin study. It is a result of experimental research in the author's own laboratory.

NUTRITION IN HEALTH AND DISEASE. FOR NURSES. By Lenna F. Cooper, Edith M. Barber, and Helen S. Mitchell. Philadelphia: J. B. Lippincott Company. 1928. Pp. 574. \$3.00.

A book for nurses on food and nutrition. Well arranged into sections on Principles of Nutrition, Food Selection, Diet in Disease, and Cooking for the Sick and Convalescent.

The book is non-technical; the material is presented in a clear and interesting way. The illustrations are excellent.

FOOD, NUTRITION, AND HEALTH. By E. V. McCullum and Nina Simmonds. Second Edition, Revised. Published by the authors, East End Post Station, Box 25 Baltimore, Md. 1928. Pp. 148. \$1.60.

This well-known text needs no comment except to state that these authors are keeping us in touch with their recent findings in the field of research.

EAT, DRINK, AND BE HEALTHY. An Outline of Rational Dietetics. By Clarence W. Lieb. New York: The John Day Company. 1928. Pp. 180. \$1.50.

Suggestions to help one choose his food so as to meet the recognized standard body requirements.

DIABETIC MANUAL FOR PATIENTS. By Henry J. John. St. Louis: The C. V. Mosby Company. 1928. Pp. 202. \$2.00.

TEXTBOOK OF CHEMISTRY FOR NURSES AND STUDENTS OF HOME ECONOMICS. SECOND EDITION. By Annie Louise Macleod. New York: The McGraw-Hill Book Company. 1929. Pp. 241. \$2.50.

WHEAT FLOUR AND DIET. By B. C. O. Swanson. New York: The Macmillan Company. 1928. Pp. 203. \$2.50.

M. L. WILSON

NEWS OF THE COLLEGE

Following two election days on February 5 and February 19, campus leaders for the year beginning on March 20, with the opening of the spring quarter, have been chosen by the student body as follows:

Student Government—Mina G. Thomas, president; Juanita Berry, vice-president; Virginia Stark, secretary-treasurer.

Y. W. C. A.—Elizabeth Dixon, president;

Gertrude Drinker, vice-president; Nellie Cowan, secretary; Jeannette Ingle, treasurer.

Athletic Association—Evelyn Bowers, president; Esther Smith, vice-president; Mary Watt, business manager.

The Breeze—Phyllis Palmer, editor-in-chief; Frances Snyder, business manager.

The Schoolma'am—Anne Trott, editor-in-chief; Virginia Gilliam, business manager.

Recorder of Points—Ruth Sisson.

Officers of the Athletic Association and of the Schoolma'am assume responsibility at the beginning of the fall quarter next September.

Two most enjoyable numbers of the entertainment series have been offered during the past month. On Tuesday evening, January 28, E. H. Sothorn, famous actor and interpreter of Shakespearean rôles, delighted a large audience of students, faculty, and townspeople. On Monday evening, February 18, the Boston Male Choir gave a pleasing program to a large audience.

The week of February 4-9 was observed on the campus as National Drama Week. Suitable chapel programs were offered and several organizations, particularly the Stratford Dramatic Club and the Lanier Literary Society, observed the week.

On January 30, Alpha Chi Chapter of Kappa Delta Pi, honorary educational fraternity, celebrated its first anniversary with a banquet. President Samuel P. Duke and Miss Katherine M. Anthony, director of teacher training, were elected to honorary membership. Eleven active members have also been elected: Janet Biedler, Elizabeth Cockerill, Mary Crane, Elizabeth Dixon, Irene Garrison, Janet Houck, Elizabeth Kaminsky, Eva Kinsey, Elva Kirkpatrick, Elizabeth Miller, Phyllis Palmer.

The varsity basketball team has won every game so far this season. On February 2, the local basketeers defeated the team from Lynchburg College, there, by the large majority of 51-17. Then on February 4 the team of the Farmville State Teachers

College bowed to H. T. C. by a count of 30-9. Fredericksburg also lost to Harrisonburg. Best of all, the local team has this year defeated its time-honored rival, the Radford State Teachers College, by the overwhelming count of 49-8, the game being played on the home floor. To add still further to this record of achievement, on February 22 H. T. C. brought home the long count of a 27-14 score against the Savage School of Physical Education of New York.

Besides the interest in varsity games, the student body has shown quite a bit of enthusiasm for class basketball games. The class contests played on January 26 brought victory to Freshmen over Juniors, 58 to 15, and to Seniors over Sophomores, 7 to 4. On February 25 the two winners—Freshmen and Seniors—met in a game that easily went to the youngsters by a score of 27 to 5. The same evening the Juniors defeated the Sophomores 20 to 9.

The Glee Club presented a most pleasing operatic program in chapel on February 1.

During the past month members of the hockey team received their rewards for this year. Letters were presented to the following students: Callie Elsea, Hilda Levi, Lena Bones, Elsie Quisenberry, Mary Watt, Evelyn Wilson, Audrey Hyatt, Irene Garrison, Harriet Dixon, Clelia Heizer. Stars were awarded to Elizabeth Miller, Frances Rand, and Evelyn Bowers, while hockey sticks were given to Frances Rand and Elizabeth Miller also, for excellence in this sport.

The second of the series of talks which the social science department of the College is offering this year was given by Mr. John N. McIlwraith, February 14. Mr. McIlwraith gave a most helpful address on "American Historians and their Works." This series is to consist of four talks in all, two having been given; the two remaining ones will be offered next quarter, one by Dr. Wayland and the other by Mr. Dingle-dine.

On February 27-28, the Christian World Education Conference was held on the campus under the auspices of the Y. W. C. A. Among the prominent speakers who gave inspiring talks were: Mr. Tom Tippet, Mr. Floyd Shacklock, Mr. James Myers, Dr. Frederick Libby, Mr. Alexander. Lectures were delivered to some of the classes at the regular class hours, as well as at times especially fixed for group meetings.

Lucy Gilliam and Anne Trott, editor-in-chief and prospective editor-in-chief of the *Schoolma'am*, attended the meeting of the Virginia Intercollegiate Press Association in Richmond on February 15 and 16, as official representatives of the annual of this college.

The dramatic club of V. P. I. appeared in Reed Hall on February 9 and presented the "Tech Scandals," a musical review of fun and pep.

Saturday evening, February 23, the annual midwinter dance of the College was held in Walter Reed Hall. Futuristic decorations in the gymnasium provided a lovely setting for the affair. The dance was largely attended and proved to be quite successful. The Bluestone Cotillion Club sponsored the dance, as usual.

Phyllis Pamer and Frances Snyder, newly elected editor and business manager, respectively, of *The Breeze* for next year, will attend the fifth annual meeting of the Columbia Scholastic Press Association at Columbia University, March 8-9. This convention is usually attended by delegates from *The Breeze*, Kathryn Pace and Mary Watt having represented the college paper last year.

Friday evening, March 1, the Stratford Dramatic Club presented "Milestones" as its costume play for this year. The play was quite delightful and well done, as is the case with all Stratford presentations.

The Hampton Quartet, of the Hampton Normal Institute, Hampton, Virginia, appeared in Walter Reed Hall, Saturday,

March 2, under the auspices of the Y. W. C. A. The Hampton Quartet is well known and offers unusual programs.

ALUMNÆ NOTES

AMERICAN ALUMNI COUNCIL MEETS

The H. T. C. alumnæ secretary attended the Regional Conference of the American Alumni Council, which was held in the Richmond Hotel, on January 19. Mr. Richard E. Thigpen, of Duke University, was director of the meeting. Miss Florence Snow, of Smith College, gave an address concerning the history of the American Alumni Council. Other addresses were given by Dr. William T. Hodges, of William and Mary College, on pioneer Alumni Efforts; Ernest Milton, of Davidson College and Katherine Norris, of Sweet Briar College, on Financing the Alumni Program; J. Maryon Saunders, of University of North Carolina, on The Organization and Purpose of the Alumni Office; W. H. Wranek, of the University of Virginia, on Magazines and Publicity.

At the luncheon, held in the Richmond Hotel, Dr. F. W. Boatwright, of the University of Richmond, gave a very inspiring talk on, What the Alumni Should Do for Their Colleges.

About twenty-eight colleges of Virginia and North Carolina were represented at the meeting. All of the State Teachers Colleges of Virginia were represented except Fredericksburg.

ALUMNÆ LETTERS

REBECCA SPITZER, Summerfield, N. C.:

I have been enjoying the new feature of the VIRGINIA TEACHER very much. Sometimes I long for a familiar face or news from my friends and the alumnæ notes help a lot.

My work in Springfield school is rather interesting—but trying, for I have forty-three first grade repeaters.

I am sending a dollar for Alumnæ Association dues. I subscribed to the VIRGINIA TEACHER last spring. I am sorry that I have no news for you. I hope that you will have a most successful year.

HELEN BOWMAN, President Petersburg Chapter:

I know all the girls will be glad that you are coming to Petersburg for a "pep" meeting.

We are giving a subscription card party at the Armory on Market Street on Saturday, February 9th at 3:30 p. m. Each girl is going to get three tables at \$2.00 a table. We are counting on 75 tables. Every one here likes to play bridge. The girls would all be assembled and I wonder if you will be in Petersburg that day. If so, we could all meet together at the close of the card party. We would also like you to be our guest at the party.

VIRGINIA TURPIN, President of Norfolk Chapter:

I know the big city is glad you are coming both to talk to the Maury girls and to jack up the Norfolk Alumnæ Association. We need it, but it is my fault, and yet not my fault. I have been sick most of the time since Thanksgiving. I spent the Christmas holidays in bed ten days after New Year's Day. The doctor says that I have to give up every thing that I do not have to do.

I will let you know as soon as possible who will be in charge of the meeting and where we will meet you.

I am looking forward to seeing you.

Ethel B. Smith is a substitute in the schools of Newport News and vicinity. She is also taking a business course, on the side.

A card from Mamye Turner, class of '28, informs us that she is teaching history and civics in the Washington-Lee Junior-Senior High School. Her address is 109 Parker Ave., Cherrydale, Virginia.

Elizabeth Duke, '23, is teaching at Isle of Wight. She hopes to be with us this summer for a six weeks course.